

TEMPLE ISRAEL OF THE CITY OF  
NEW YORK

*Congregation Yad B'yad - Hand in Hand*



SERVICE OF  
HEALING

And old saying tells us that “time heals.”  
In part, that is true.  
With the passage of time  
The pangs of grief may become less sharp, less frequent.  
But healing does not simply happen.  
Healing is hard work.  
You must help time to do its healing.  
- Earl Grollman

Much of the time, we cannot control what happens to us. But we can always control  
how we respond to what happens to us. If we cannot choose to be lucky, to be  
talented, to be loved, we can choose to be grateful, to be content with who we are and  
what we have, and to act accordingly.  
- Harold Kushner

Sooner or later, every one of us becomes an expert on loss.  
- David Wolpe

The image of light is a crucial reminder that, even in the darkest moment of night,  
God continues to reawaken and to renew us just as the sun rises each day.  
- Elaine Zecher

Sometimes the opportunity to sit in the stillness of our own thoughts opens new  
pathways we did not think were possible.  
- Elaine Zecher

God who speaks in silence, teach me not to fear silence. Remind me that running  
from pain only causes more pain, that distraction is no cure for suffering. Give me the  
courage to embrace the stillness, to encounter the quiet, that I might learn to hear  
Your holy voice.  
- Naomi Levy

## Psalm 118:14

עֲזִי וְזִמְרַת יְהוָה לִי לִישׁוּעָה

Ozi v'zimrat ya

Vayhi li, lishua

God is my strength and song, and God will be my redemption

## קבלת רפואה - Kabbalat Refuah We Welcome Healing

Each of us comes to this moment with a different need.  
Some are hearts full of gratitude and joy:

*They are overflowing with the happiness of love and the joy of life; they are eager to confront the day, to make the world more fair; they are recovering from illness or have escaped misfortune. And we rejoice with them.*

Some hearts ache with sorrow:

*Disappointments weigh heavily upon them, and they have tasted despair; families have been broken; loved ones lie on a bed of pain; death has taken those whom they cherished. May our presence and sympathy bring them comfort.*

Some hearts are embittered:

*They have sought answers in vain; have had their ideals mocked and betrayed; life has lost its meaning and value. May the knowledge that we too are searching restore their hope that there is something to find.*

Some spirits hunger:

*They long for friendship; they crave understanding; they yearn for warmth. May we in our common need gain strength from one another; sharing our joys, lightening each other's burdens, and praying for the welfare of our community.*

## R'tzei

By Michael Ochs

*R'tzei adonai eloheinu  
B'amcha Israel  
U'tefilatam  
B'ahava tekabel*

רְצֵה יְהוָה אֱלֹהֵינוּ  
בְּעַמּוֹךָ יִשְׂרָאֵל  
וּבְתַפִּלָּתָם  
בְּאַהֲבָה תִקְבֹּל

Humble in prayer we seek to reach you  
Hoping to be heard  
Our arms open wide  
Longing to be true  
Oh let us know that you are near  
Open our hearts so we may hear  
The still clear voice within us all  
May we be worthy in our prayer  
And feel your presence everywhere  
And may we answer when you call

**Be with me, God.** I feel so lost. I can't seem to escape the dark cloud that is hanging over me today. Help me, God.

*Give me strength to combat despair and fear. Show me how to put my pain into perspective. Teach me to have faith in the new day that is coming.*

Thank you, God, for today's blessings,  
for tomorrow's hope, and for Your abiding love.

*Amen.*

*Teach me always to believe in my power to return to life, to hope, and to You, God, no matter what pains I have endured, no matter how far I have strayed from You.*

Give me the strength to resurrect my weary spirit.  
Revive me, God, so I can embrace life once more  
in joy, in passion, in peace.

*Amen.*

*-unknown*

# Asher Yatzar

By Dan Nichols

I thank you for my life, body and soul;  
Help me to realize, I am beautiful and whole.  
I am perfect the way I am, and a little broken too.  
I will live each day as a gift I give to you.

בְּרוּךְ אַתָּה יי, רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת

*Baruch Atah Adonai, Rofei chol basar umafli la'asot*

**Sorrow comes in great waves...** but it rolls over us, and though it may almost smother us, it leaves us on the spot, and we know that if it is strong we are stronger, inasmuch as it passes and we remain.

*It wears us, uses us, but we wear it and use it in return; and it is blind, whereas we, after a manner see...*

everything will pass, and serenity and accepted mysteries and disillusionments, and the tenderness of a few good people, and new opportunities and ever so much life, in a word, will remain.

- Mishkan T'filah for the House of Mourning

# When I Die - K'she'Amut

By Moti Hammer

כשאמות, משהו ממני, משהו ממני  
ימות בך, ימות בך

When I die,  
something of me, something of me will die in you  
Will die in you

כי כולנו, כן כולנו  
כולנו רקמה אנושית אחת חיה  
ואם אחד מאיתנו  
הולך מעמנו  
משהו מת בנו -  
ומשהו, נשאר איתו

When you die,  
something of you, something of you will die in me  
will die in me

כשתמות, משהו ממך בי, משהו ממך בי  
ימות איתך, ימות איתך.

Cause we all are, yes we all are,  
We all are intertwined as one humankind  
And if someone within us

Forever leaves us  
Something will die in us and something else will live with them.

**The journey from being wounded** to being healed will take exactly as long as it needs to. I know you want to rush to get your scar healed as soon as you can, but recovery isn't meant to be a race, it's often a slow walk down a five-mile curvy country road.

*Our scars will come to us in time and someday they will teach us a masterclass in how strong we are but in the meantime, we nurse our wound like a newborn -slowly -thoughtfully -and with the softest of thoughts. The sound our heart makes as it heals, is our most favorite psalm. We don't rush through the verses of our sacred recuperation.*

We can't set our watch to our healing. We can't give it a deadline. Instead we give ourselves all the time we needs to replant the garden of our flowering purpose.

-adapted from John Rodel

## **Body is a Temple**

By Sheldon Low and Hadar Orshalimy

If my body is a temple, keep my feet on the ground  
If my body is a temple, help me stand for something now  
Lemme march toward freedom, the holiest sound  
If my body is a temple, keep my feet on the ground

If my body is a temple, keep my arms open wide  
If my body is a temple, help my hands to do what's right  
Lemme hold on to justice, the holiest sight  
If my body is a temple, keep my arms open wide  
Amen...

If my body is a temple, keep my voice in a song.  
If my body is a temple, help wisdom guide my tongue  
Lemme sing out for kindness so holy and strong.  
If my body is a temple, keep my voice in a song.

Amen...

***When I feel tainted***, God, remind me that I am holy.

*When I feel weak, teach me that I am strong*

*When I am shattered, assure me that I can heal.*

*When I am weary, renew my spirit.*

*When I am lost, show me that you are near.*

May God heal you, body and soul.

May your pain cease,

May your strength increase,

May your fears be released,

May blessings, love and joy surround you.

And together we say, *Amen*.

- Rabbi Naomi Levy

## Let There Be Love

By Noah Aaronson and Cantor Jodi Sufirin

Let there be love

And understanding among us.

Let peace and friendship Be our shelter from life's storms.

*Hashkiveinu Adonai Eloheinu*

*Hashkiveinu L'shalom*

*V'haamideinu Shomreinu l'chaim*

*Ufros alienu Sukkat shlomecha.*

הַשְּׁכִיבֵנוּ יְהוָה אֱלֹהֵינוּ

הַשְּׁכִיבֵנוּ לְשָׁלוֹם

וְהַעֲמִידֵנוּ שׁוֹמְרֵינוּ לְחַיִּים

וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ



## **Why does it take a traumatic event,**

A moment of crisis

To bring us to our senses,

To shake us up?

*Why must we face or learn about illness,  
Misfortune, accident or death,  
To set our priorities right?*

What makes today a special day?

I woke up this morning.

The sun was shining, it was beautiful,

It was dreary, it was raining,

Whatever - it was another day.

*I can think  
I can touch,  
I can smell,  
I can breathe,  
I can feel*

I can talk to those I care about

And those who care about me.

I can do whatever I want

That might benefit someone or something.

I can learn,

Expand my interests and my horizons.

How fortunate I am

To be able,

To do and see so much.

*Look me straight in the eye  
And I will tell you,  
Each day is a special day.*

-By Ellen Y. Rosenberg

## Hallelyah - הללויה

Psalm 150 and Leonard Cohen

Hallelu El Bekodsho	הַלְלוּ-אֵל בְּקֹדֶשׁוֹ
Halleluhu Birkia Uzo	הַלְלוּהוּ בִּרְקִיעַ עֲזוֹ
Helleluhu Bigvurotav	הַלְלוּהוּ בְּגְבוּרֹתָיו
Helleluhu Kerov Gudlo	הַלְלוּהוּ כְּרֹב גְּדֻלּוֹ
Halleluhu Beteika Shofar	הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר
Halleluhu Beneivel Vechinor	הַלְלוּהוּ בְּנִבְל וְכִנּוֹר

Hallelyah... הַלְלוּ-יְהוָה.  
I did my best, it wasn't much  
I couldn't feel, so I tried to touch  
I've told the truth, I didn't come to fool you  
And even though it all went wrong  
I'll stand before the lord of song  
With nothing on my tongue but hallelujah  
Hallelyah... הַלְלוּ-יְהוָה.

### **Before the Gate has been closed,**

Before the last question is posed,  
Before the weeds fill the gardens,  
Before there are no pardons,  
Before the concrete hardens.  
Before all the flute-holes are covered,  
Before the rules are discovered.  
Before the conclusion is planned,  
Before the closing of God's hand,  
Before we have nowhere to stand.  
Bless us with peace  
Mishkan HaT'filah for the House of Mourning

## Sim Shalom

Music by Julie Silver

*Sim shalom tovah uv'raha*

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה

*Hen vachessed v'rahamim*

הֵן וְחָסֵד וְרַחֲמִים

*Aleinu v'al kol Yisrael*

עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל

**God, make me brave for life:** or, braver than this.

Let me straighten after pain, as a tree straightens after the rain,  
Shining and lovely again.

*God, make me brave for life: much braver than this.*

*As the blown grass lifts, let me rise from sorrow with quiet eyes,  
Knowing Thy way is wise.*

God, make me brave, life brings such blinding things.

Help me to keep my sight; help me to see aright

That out of doubt comes light.

-Author unknown, from Prayers for Healing, ed. Maggie Oman

# Yih'yu L'ratzon

By Michelle Citrin

יְהִי לְרִצּוֹן אִמְרֵי פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ יְהוָה צוּרִי וְגוֹאֲלִי

*Yih'yu l'ratzon imrei fi  
v'hegyon libi l'fanecha  
Adonai tzuri v'goal.*

Go inside your heart just be,  
Go inside your heart and see.  
What it wants  
What it needs  
What it yearns when it breathes  
Go inside your heart and see.

May the words of my mouth  
And the Meditation of my heart,  
Be kind, be true  
May they be acceptable to you  
Oh My Rock, My Rock  
And my redeemer.

## Prayer for Healing

מִי שֶׁבֵרַךְ אֲבוֹתֵנוּ וְאִמּוֹתֵנוּ,  
אֲבָרָהִם, יִצְחָק, וְיַעֲקֹב, שָׂרָה, רִבְקָה, רָחֵל וְלֵאָה,  
הוּא יְבָרַךְ אֶת הַחֹלִים \_\_\_\_\_  
הַקְּדוֹשׁ בְּרוּךְ הוּא יִמְלֵא רַחֲמִים עָלֵיהֶם,  
לְהַחֲלִימָם וּלְרַפְּאֵתָם וּלְהַחֲזִיקָם,  
וְיִשְׁלַח לָהֶם מְהֵרָה רְפוּאָה שְׁלֵמָה מִן הַשָּׁמַיִם,

May the One who blessed our ancestors  
Abraham, Isaac, and Jacob,  
Sarah, Rebecca, Rachel, and Leah,  
bless and heal all of our loved ones.  
May the Blessed Holy One be filled with compassion for their  
health to be restored and their strength to be revived.  
May God swiftly send them a complete renewal of body and  
spirit.  
Together we say: Amen.

## Heal us, Now

by Leon Sher

*R'faeinu Adonai v'neirafei, hosbi einu v'nivashei-ab. Eil karov l'chol kor'av. Ach karov lirei-av yisbo.*

We pray for healing of the body, we pray for healing of the soul, for strength of flesh and mind and spirit, we pray to once again be whole. Eil na r'fana. Oh please, heal us now.

*R'fuat hanefesh ur'fu-at baguf, r'fuah sh'leimah.*

Hoshia et amecha uvareich et nachalatecha ur'eim v'nas'eim ad ha-olam. Mishebeirach avoteinu, mishebeirach imoteinu. Ana Adonai hoshiahna.

We pray for healing of our people, we pray for healing of the land and peace for every race and nation, every child, every woman, every man. Eil na r'fana. Oh, please, heal us now.

*R'fuat hanefesh ur'fuat baguf, r'fuah sh'leimah.*

Heal us now, heal us now, heal us now.

## To Live Life in all its fullness

Is to stand, in awe, before an open gate-

To gaze into a doorway of hope,

A wondrous portal of possibilities.

*Many are the gates of our lives;*

*Many the treasures toward which they lead.*

*And how many close behind us - lost, forgotten, and sealed forever?*

*How many gates? How many years?*

Standing, in awe, before the gates of a new year

We see its most precious gift:

The minutes and the hours, the days and the weeks-

The treasure house of time.

*Every moment is a vessel of infinite holiness.*

*Every morning, noon, and night is a gateway to life's immensity.*

*How will we use this precious gift?*

from Mishkan Hanefesh: Machzor for the Days of Awe; Yom Kippur

# Ken Y'hi Ratzon

By Alana Arian

May I/ you/ we be safe,  
May I/ you/ we be free,  
May I/ you/ we find space,  
Space to just be.

*Ken y'hi ratzon, Ken y'hi ratzon.*

כן יהי רצון

May I/ you/ we find my/ your/ our way back home. (x2)

## Putting It All In Proper Order...

As the New Year begins, our tradition beckons us to put our lives in order, to reflect and with forgiveness, repentance and tzedakah, to create new beginnings in our lives. Two young rabbinic students were making plans to leave for their High Holy Day pulpits. A few days before Rosh Hashanah they approached the Rav, the head of the yeshiva, and asked if they might leave their studies a few days early so that they might properly put their prayers in order for the upcoming services. The Rav considered their request and then replied, "The prayers in the book are the same as last year and the year before that. Better you should worry more about putting yourselves in proper order."

Getting it all in proper order is not always an easy task. It requires honesty, courage, self-reflection and patience. It is far easier to worry about all that goes on around us, than to look at our inner world. But now is the season to look into our inner souls and maybe even to glimpse the image of God, for each of us has been created b'ztem Elohim. We can see the blessing within each of us. Our task is to remove the clutter of life, ego and rationalizations, barriers and obstacles which block our view, so that we might truly search and clearly see the blessings within each of us.

Perhaps if we can see God reflected within, we will be able to better recognize God when we look at others. As we are honest and considerate towards ourselves, so we must be towards our family and friends and even those whom we do not yet know. Let us strive to see "the other" as a reflection of the best in each of us, that which is Divine.

It is the dawn of the New Year and God knows we can use a better New Year. In an all-too-often darkened world, let us look for that holy light both within and beyond our hearts, our minds and our souls. These days whisper new beginnings. Let a new bright light shine over us as we journey inward and so into the New Year. May we share our fondest hopes and our most sincere prayers, our innermost dreams and our treasured blessings.

May God's presence be with us as we put our lives and our world in better order.

-Rabbi David J. Gelfand

לְשָׁנָה טוֹבָה

May this New Year be for you and your loved ones a time of building bridges, new beginnings, joyful journeys and hopeful visions.